

## Living the Good Life

Being healthy makes life better, no matter your age. The challenge is to help every member of your family develop their health strengths so they can cope both physically and emotionally with daily demands, stressors and pressures.

Through this month's campaign available online at [www.FoH4YOU.com](http://www.FoH4YOU.com), you'll learn how to keep your family fit and emotionally well, find activities for your family and get tips on how to age successfully.

### Characteristics of Strong Families

One trait that all strong families seem to have in common is a solid foundation that family members can rely on to feel safe and secure. The following characteristics can help build a strong family foundation.

**Commitment**—Commitment is the expectation that the family will be together forever, in good times and when problems come up. Committed families have a sense of belonging and unity. They look toward the future.

**Appreciation**—Being appreciative is important because it establishes good will between family members as well as builds self-esteem. Showing you care brings family members together.

**Communication**—The lines of communication are always open in strong families. Information flows freely. Members of strong families make the effort to hear what the other person is saying and understand how the other person is feeling.

**Togetherness**—Spending meaningful time together gives the family an identity and a sense of unity. Strong families eat, play, work and share activities together.

### Now That's an Idea!

When it comes to getting in shape, what's good for you is good for your whole family. So no matter your age, pry yourself off the couch and start enjoying some activities together:

**Kick up your heels.** Turn on the music and dance! Nobody's looking, really!

**Explore the outdoors.** Hit your local trails on weekends for hiking, biking and healthy fresh air.

**Exercise your body and brain.** Take a class, such as yoga or Tai Chi, or take a nightly walk after dinner. Do brain teasers, such as crossword or Sudoku puzzles.

**Use online resources.** Check out your program's website for ideas for making smart food choices and more ways to increase your physical activity.

### Go Online Today!

Log on to [www.FoH4YOU.com](http://www.FoH4YOU.com) to access *Healthy Aging* and other helpful resources in the Spotlight section. Or, call the FOH EAP at 1-800-222-0364, or 1-888-262-7848 TTY users, for confidential help and support.